



APPLE BANANA SALAD WITH PEANUTS

Enjoy a fresh, flavorful change of pace with a surprising mix of lettuce, apples, and bananas, topped with a paprika dressing. Perfect for busy holiday meals.

Preparation time: 15 minutes

Serves: 4

INGREDIENTS:

- 12 oz lettuce mix
 - 2 ripe bananas
 - 14 oz sliced apples, prepackaged or 2½ apples, sliced
 - ¾ cup unsalted dry roasted peanuts
- Dressing**
- ½ cup plain low-fat yogurt
 - 2 tbsp fat-reduced mayonnaise
 - 1 tbsp honey
 - 2 tsp paprika

DIRECTIONS:

1. Whisk together dressing ingredients.
2. Slice bananas.
3. In a large salad bowl, toss mixed greens, banana and apple slices, peanuts, and dressing.

Serving Suggestions:

Serve with 8 oz non-fat milk and one slice of rustic whole-grain bread.



Food Group Amounts	
Dairy	--
Fruits	1¼ cups
Vegetables	1 cup
Grains	--
Protein	2 oz

Nutrition Facts	
Serving Size 304 g	
Amount Per Serving	
Calories 330	Calories from Fat 150
%Daily Value*	
Total Fat 17g	26%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 90mg	4%
Total Carbohydrate 42g	14%
Dietary Fiber 8g	32%
Sugars 26g	
Protein 10g	
Vitamin A 110%	Vitamin C 25%
Calcium 10%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

Tips on how to select and store:

- Choose bananas that are slightly green on the stem and tip. They should be firm, without bruises.
- Store unripe bananas at room temperature. Store ripe bananas in refrigerator for up to two weeks; skin may turn black.

Recipe Submitted by Produce For Better Health Foundation

